

### Dr. Mariash Non-Operative Achilles Rupture Protocol

Time Frame	Treatment	Goals
Weeks 0-2	<ul style="list-style-type: none"> <li>- Patient casted in maximum plantarflexion</li> <li>- NWB, using appropriate assistive device</li> </ul>	Appropriate functional mobility maintaining NWB. Proper and safe use of assistive device.
Weeks 2-5	<ul style="list-style-type: none"> <li>- FWB, placed in a CAM walker elevated 30 degrees into plantarflexion</li> </ul>	Good tolerance of weight bearing progression with no pain.
Weeks 5-7	<ul style="list-style-type: none"> <li>- Emphasize pain-free mobility</li> <li>- Avoid PROM ankle DF past neutral</li> <li>- CAM boot 30 to 15 degrees of plantarflexion, FWB</li> <li>- Yellow Thera-Band exercises for soleus and gastroc</li> </ul>	Normal gait progressing to FWB in CAM. Full knee active range of motion, minimal edema, minimal pain.
Weeks 7-9	CAM boot 0 to 30 degrees with flat wedge, FWB  Exercises: Bike, elliptical, walking, balance, and proprioceptive exercises as tolerated  <ul style="list-style-type: none"> <li>- Add gentle calf stretching in standing to neutral</li> <li>- Double leg to single-leg heel raises to neutral</li> <li>- Loaded lunges, squats, step ups as tolerated</li> </ul>	Progression of ROM, strength, and proprioception. FWB without CAM walker with normal gait. Complete double leg heel raises with minimal pain.
Weeks 10-16	Remove CAM boot  Avoid excessive stretching and pain for 6 months  16+ weeks: Begin plyometrics and jogging once they can do 25 single-leg heel raises  6 to 9 months: Return to sports without contact if 80% strength  12 months: Return to sports once cleared by MD if 100% strength <ul style="list-style-type: none"> <li>- Functional hopping/return to sport testing</li> </ul>	Patient regains 80 to 100% strength. Able to complete single-leg heel raises. Proper gait mechanics and non-antalgic hopping/jogging. Full return to sport when able.